CHAPTER 3

Beverages

COFFEE

The type of coffee-making equipment used in a foodservice determines the method of preparation and the grind of coffee. Urns or modular brewers are used when large quantities of coffee are required, as on a rapidly moving cafeteria line or for a large catered function. Where the service is spread over a longer period, coffee may be prepared in small batches in a drip coffee maker, or for single servings in an espresso machine.

The equipment selected should make a clear, rich brew, hold the coffee at a consistent temperature, and provide the quantity needed at an appropriate speed with minimal labor. Regardless of the method used, certain guidelines should be observed:

1. Select a blend of coffee that is appropriate to the clientele and type of event. High-altitude beans from Central and South America produce lively, light-bodied coffee with high concentrations of natural acids. Coffees made from Central or South American beans pair well with cheeses, vegetables, and hot and spicy foods, and are good for breakfast service. Beans grown in Africa are robust, with fewer natural acids. They are good served with desserts, full-flavored foods, chocolates, rich desserts, and as an after-dinner coffee. Pacific beans feature moderate acidity and rich, mellow overtones. Pacific beans are good served with Asian foods, rich, creamy foods, or breakfast.

   Light/pale and medium/city roast are all-purpose roasts. French/dark and Italian/espresso roasts are especially suited for after-dinner coffee and with desserts and chocolate. The roast style should suit the kind of bean being used.
2. Select a grind that is designed for the brewing equipment. Fine or vacuum grind is suitable for equipment that brews in 1–4 minutes (espresso machines), medium grind for drip makers that brew in 4–6 minutes, and coarse grind for urns that brew in 6–8 minutes.
3. Use fresh coffee. Coffee loses its strength and flavor rapidly after it is ground and exposed to air. Large amounts should not be stored. To maintain good coffee flavor, store ground coffee or whole beans in an airtight container at cool room temperature. To keep coffee for more than 2–3 weeks, store in the freezer in an airtight container.
4. Use a proportion of fresh, cold water to coffee that makes a brew of the strength preferred by the clientele. A proportion of 2½ gal of water per pound of coffee (20 oz of water to 1 oz of coffee) makes a commonly accepted brew. See p. 89 for coffee recipes. For a stronger brew, use 1 lb of coffee per 2 gal of water.
5. Have the water cold, freshly drawn, accurately measured, and brought to a temperature of 195°–200°F. Water that is too hot will extract bitter solids. Water that is too cold will not extract enough color or flavor. Bottled or filtered water may be used to brew coffee.
6. Hold brewed coffee at 185°F. Urn coffee can be held for up to 1 hour. Coffee brewed in small pots and kept warm by a heat source under the pot should be served within 20 minutes of brewing. Carafes that hold brewed coffee in an insulated serving decanter will hold the coffee for 2 hours or more. Reheating coffee results in a bitter brew.
7. Clean the coffee-making equipment after each use, following instructions that come with the equipment.

Specialty coffee refers to coffee made from flavored beans, espresso and espresso-based drinks, or coffee flavored with syrups or other post-brew flavorings. See Table 3.1 for espresso-based coffee drinks.

Flavored syrups are added to individual servings in a proportion of approximately 1 ounce per cup. Popular syrup flavorings include almond, caramel, chocolate, hazelnut, raspberry, and vanilla. Shakers for dry flavorings such as allspice, chocolate, cinnamon, malt, nutmeg, and vanilla may be provided for self-service. Other condiments for coffee include brown sugar, chocolate sprinkles or shavings, cinnamon sticks, citrus peel, and whipped cream.

TEA

Three main types of tea are available, produced by variations in processing. *Black* tea derives its color from a special processing treatment that allows the leaves to oxidize. This turns the leaves black and produces a rich brew. English Breakfast and Orange Pekoe are familiar black teas. *Oolong* tea is semioxidized. Its leaves are brown and green, and it brews light in color. *Green* tea is made from leaves that are dried without fermenting. The brew is pale green in color. Flavored and other specialty teas are also available. Tea is packaged in bulk as loose tea and in tea bags of various sizes.

Tea is brewed by the process of infusion, in which boiling water is poured over tea leaves or bags. The following brewing guidelines should be followed.

- Start with fresh, high-quality tea.
- Start with fresh, cold water and bring it to a rolling boil. Do not boil the water for a long period of time.
- Use a stainless steel, earthenware, or porcelainlike pot that has been preheated with a small amount of hot water.
- Add tea bags or loose tea (in a strainer or infuser) to the pot. A generally acceptable brew is made by using 1 Tbsp of loose tea or one tea bag per cup of water.
- Pour boiling water directly over the tea and allow to steep 3–5 minutes. Remove the tea bag or leaves from the water after the tea has steeped or it becomes bitter.

For iced tea, make the brew stronger than for hot tea to compensate for the ice that melts. Pour tea over ice just before serving.

A suggested selection of teas includes a black, green, and Oolong variety, and a specialty or flavored tea such as black currant or raspberry. Caffeine-free and herbal tea selections also should be available.

PUNCH

Punch may be made easily from frozen or canned juices in various combinations. Lemonade (p. 94) or Basic Fruit Punch (p. 92) make good bases for many other fruit drinks when combined with fresh, frozen, canned, or powdered juices of the desired flavor.

The amount of sugar needed varies with the sugar concentration of the juices and individual preference. A recipe for Simple Syrup for sweetening punch is given on p. 93. If time does not allow making the syrup, the sugar may be added directly to the punch and stirred until the sugar is dissolved.

For punch that is to be served iced, the ingredients should be refrigerated. The chilled ingredients may be combined several hours in advance of service.

TABLE 3.1 Espresso-based coffee drinks

Espresso drink	*Ingredients*
Espresso	1½ oz of espresso coffee, served in a demitasse cup.
Americano	1½ oz of espresso, served over hot water to make a 6 oz cup. Usually served with milk and/or sugar.
Cappuccino	1½ oz espresso, topped by equal parts of hot milk and foam. Served in a 6 oz cup (⅓ espresso, ⅓ hot milk, ⅓ foam).
Latte	A single (1½ oz) or double (3 oz) espresso, topped by frothed milk, in a ratio of one part of espresso to three parts milk.
Mocha	1½ oz espresso mixed with 5 oz steamed milk and chocolate syrup to taste. Serve topped with whipped cream.

Note
- Espresso is made by forcing superheated water under pressure through a dark-roasted, finely ground coffee. The process extracts more of the solids and flavor than conventional drip brewing.

If ginger ale or other carbonated beverage is to be used, however, it should be chilled and added just before serving. Hot punch should be served at 180°F. If wine or other liquor is an ingredient in hot punch recipes, the temperature should not exceed 180°F.

Punch may be served from a bowl and kept cold by adding ice cubes, or it may be poured over an ice mold (p. 93). It may also be served as a nonalcoholic cocktail in appropriate glassware and garnished. See p. 103 for a few suggestions for nonalcoholic cocktails that use recipes in this book. Hot punch may be served from a punch bowl or hot-holding equipment. Preheat a glass punch bowl with a small amount of hot water before filling with hot punch.

The amount of punch or iced beverage to prepare depends on the size of the punch cup or glass, the number of guests to be served, and whether second servings will be offered. Service from a punch bowl requires slightly more punch than if it is to be poured from a pitcher for individual service. It is always desirable to have extra chilled, unopened cans of the main punch ingredients to facilitate serving a larger crowd than anticipated.

Most recipes in this book were developed for 2–2½ gallons of punch. Each gallon will yield 32 ½-cup portions. Punch cups vary in size from 3–6 oz, so it is important that the size be considered in determining the correct amount of punch to prepare.

WINE

Pairing wine with food is a matter of individual preference and usually requires some experimentation. Table 17.1 (pp. 714–715) provides guidelines helpful for selecting wine. The amount of wine to serve depends on glass size and the type of meal or event. The volumes of different sized wine bottles are located in Table 17.2 (p. 716).

BEVERAGE RECIPES

COFFEE

Yield: 50 portions or 2½ gal *Portion:* 6 oz (¾ cup)

Ingredient	*Amount*	*Procedure*
Coffee	1 lb	Use proper blend and grind for the coffee maker used.
Water, cold	2½ gal	Use method recommended by the manufacturer of the coffee maker.

Note

- The amount of water will vary with the brand of coffee and the strength preferred.

Variations

- **Iced Coffee.** Increase coffee to 2 lb. Pour over ice in glasses. Coffee may be cooled to room temperature but should not be refrigerated. Flavorings (e.g., vanilla or almond) may be added for variety.
- **Instant Coffee.** Use 3 oz instant coffee or 2 oz freeze-dried to 2½ gal boiling water. Dissolve the coffee in a small amount of boiling water and add to the remaining hot water. Keep hot just below the boiling point, 185°–190°F.
- **Steeped Coffee.** Tie regular grind coffee loosely in a cloth bag. Immerse bag in cold water, which has been measured into a stainless steel kettle or stock pot. Heat to boiling point. Boil 3 minutes or until of desired strength. Remove coffee bag. Cover container and hold over low heat to keep at serving temperature.

HOT TEA

Yield: 50 portions or 2½ gal *Portion:* 6 oz (¾ cup)

Ingredient	*Amount*	*Procedure*
Tea bags, 1oz	2	Place tea bags in a stainless steel, enamel, or earthenware container.
Water, cold	2½ gal	Bring water to a boil, pour over tea. Steep for 3 minutes. Remove bags.

Notes

- If bulk tea is used, tie loosely in a bag.
- The amount of tea to be used will vary with the quality.
- Instant tea (¾–1 oz) may be used in place of the tea bags. The exact amount will vary according to the strength desired.

SPICED TEA

Yield: 48 portions or 1½ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Water, boiling Sugar, granulated Lemon juice Lemon peel, grated Orange juice Orange peel, grated Cloves, whole Cinnamon sticks	1½ gal 1 lb 8 oz ¼ cup 1 lemon 1 cup 1 orange 4 tsp 8	Mix all ingredients except tea. Simmer 20 minutes. Strain.
Tea bag, 1oz	1	Add tea bag to hot liquid. Steep for 5 minutes. Remove tea bags. Serve hot.

Approximate nutritive values per portion **Calories** 60

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 7 mg	**0.3%**	Fiber 0 g	**0%**	**Vitamin C**	**8%**	**Iron**	**0%**
Protein 0.1 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Russian Tea.** Use only 1¼ gal water. Add 1 qt grape juice when adding other juice.

ICED TEA

Yield: 48 portions or 3 gal *Portion:* 8 oz (1 cup)

Ingredient	*Amount*	*Procedure*
Tea bags, 1 oz	6	Place tea bags in enamel, stainless steel, or earthenware container.
Water, boiling	1 gal	Pour boiling water over tea bags. Steep 4–6 minutes. Remove bags.
Water, cold	2 gal	Pour hot tea into cold water.
Ice, chipped or cubed	10–15 lb	Fill 12 oz glasses with ice. Pour tea over ice just before serving.

Notes

- Always pour the hot tea concentrate into the cold water. Do not refrigerate or ice the tea prior to service. Cloudiness develops in tea that has been refrigerated.
- Instant tea (1–1½ oz) may be used in place of the tea bags.
- Six to seven lemons, cut in eighths, may be served with the tea.
- Iced tea may be garnished with lemon or orange slices or mint leaves.

COCOA

Yield: 50 portions or 2½ gal *Portion:* 6 oz (¾ cup)

Ingredient	*Amount*	*Procedure*
Sugar, granulated Cocoa Salt Water	1 lb 8 oz 8 oz ½ tsp 1 qt	Mix sugar, cocoa, and salt. Add water and mix until smooth. Boil approximately 3 minutes or to form a thin syrup.
Milk Vanilla	2½ gal 1 tsp	Heat milk to scalding. Stir in syrup. Just before serving, add vanilla and stir until well mixed.

Approximate nutritive values per portion **Calories** 182

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 7 g	11%	**Cholest.** 26 mg	9%	**Total Carb.** 25 g	8%	**Vitamin A**	7%	**Calcium**	24%
Sat. Fat 4 g	21%	**Sodium** 121 mg	5%	Fiber 0 g	0%	**Vitamin C**	3%	**Iron**	9%
Protein 7 g				Sugars 23 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold for service at 185°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 185°F. Reheat product only once; discard if not used.
- A marshmallow or 1 tsp whipped cream may be added to each cup if desired.
- Cocoa syrup may be made in amounts larger than this recipe and stored in the refrigerator for 3 or 4 days. To serve, add 1 qt cocoa syrup to each 2 gal hot milk.

Variations

- **Hot Chocolate.** Substitute 10 oz unsweetened baking chocolate for cocoa. Add to water and stir until melted.
- **Instant Hot Cocoa.** Dissolve 2½ lb instant cocoa powder in 2 gal boiling water.
- **Mexican Chocolate.** Follow hot chocolate recipe. Substitute 1 gal of hot coffee for 1 gal of milk. Add 1 oz (¼ cup) ground cinnamon.
- **Amaretto Cocoa.** Add ¾ cup amaretto along with the milk. Delete vanilla. For a nonalcoholic version, substitute 1½ Tbsp of almond extract for the amaretto.

FRENCH CHOCOLATE

Yield: 64 portions or 3 gal *Portion:* 6 oz (3/4 cup)

Ingredient	*Amount*	*Procedure*
Unsweetened chocolate	1 lb 2 oz	Combine chocolate and water. Cook over direct heat, stirring constantly, for 5 minutes or until chocolate is melted.
Water, cold	3 cups	Remove from heat. Beat with a wire whip until smooth.
Sugar, granulated Salt	2 lb 8 oz 1/2 tsp	Add sugar and salt to chocolate mixture. Return to heat. Cook over hot water 20–30 minutes or until thick. Chill.
Whipping cream	3 1/2 cups	Whip cream. Fold into cold chocolate mixture.
Milk	2 1/2 gal	Heat milk to scalding. To serve, place 1 Tbsp (rounded) chocolate mixture in each serving cup. Add hot milk to fill cup. Stir until well blended. Serve immediately.

Approximate nutritive values per portion **Calories** 247

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	22%	**Cholest.** 38 mg	13%	**Total Carb.** 28 g	9%	**Vitamin A**	11%	**Calcium**	19%
Sat. Fat 8 g	39%	**Sodium** 97 mg	4%	Fiber 1 g	2%	**Vitamin C**	2%	**Iron**	3%
Protein 6 g				Sugars 26 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold for service at 185°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 185°F. Reheat product only once; discard if not used.
- The milk must be kept at 185°F during the serving period.
- The chocolate mixture may be stored for 24 hours in the refrigerator.
- To make in quantity, prepare chocolate syrup and add hot milk. Whip cream to soft peaks and fold into hot chocolate. Keep hot.

BASIC FRUIT PUNCH

Yield: 80 portions or 2 1/2 gal *Portion:* 4 oz (1/2 cup)

Ingredient	*Amount*	*Procedure*
Sugar, granulated Water	2 lb 8 oz 1 qt	Mix sugar and water. Bring to boil. Cool.
Orange juice, frozen, undiluted Lemon juice, frozen, undiluted Water, cold	3 cups (2 12-oz cans) 3 cups (2 12-oz cans) 1 1/2 gal	Combine juices and water. Add sugar syrup and stir until mixed. Chill.

Approximate nutritive values per portion									**Calories** 74
Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 0.1 g	**0.1%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 3 mg	**0.1%**	Fiber 0 g	**0%**	**Vitamin C**	**31%**	**Iron**	**0%**
Protein 0.3 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- If time does not allow making and cooling syrup, the sugar may be added to the cold punch and stirred until dissolved. Increase cold water to 1¾ gal.
- Ginger ale may be substituted for part or all of the water. Chill and add just before serving.

Variations

- **Golden Punch.** Reduce orange and lemon juice to one 12-oz can each. Add two 46-oz cans pineapple juice.
- **Ginger Ale Fruit Punch.** Use 1½ qt lemon juice, 1½ qt orange juice, 1 qt pineapple juice, and 1 gal water. Increase sugar to 3 lb. Add 2 qt ginger ale just before serving. Lime, orange, lemon or raspberry sherbet may be added to punch just before serving.
- **Sparkling Grape Punch.** Reduce orange and lemon juice to one 12-oz can each. Add two 12-oz cans frozen grape juice. Just before serving, add two 20-oz bottles of ginger ale.

ICE MOLD

Yield: 1 mold

Ingredient	*Amount*	*Procedure*
Ice mold Punch, juice, lemonade	1	Select mold that will fit in punch bowl. Fill mold with liquid, half to two-thirds full. Freeze.
Garnishes	See Notes	Add garnishes and enough liquid to partially cover garnishes. Freeze.
		After thin layer of liquid and fruit are frozen, fill mold with liquid and freeze until firm.
		To unmold ice ring, dip the mold in warm water until the ice slips out easily. Place the ring in very cold punch, garnished side up. Replace mold as necessary.

Notes

- Some attractive garnishes include strawberries, cherries, pineapple, grapes, orange or lemon or lime slices, mint, ivy, and fresh flowers. (See Appendix B for flower garnishes.)
- If water is the liquid, use distilled or boiled tap water. Allow boiled water to sit and de-aerate about 15 minutes.
- For a decorative ice mold, use two or three layers of garnish between layers of ice. Freeze the garnish in place before adding the layers of liquid.

SIMPLE SYRUP

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Sugar, granulated Water	2 lb 1 qt	Mix sugar and water. Boil for 3 minutes. Chill before using in punch.

Notes

- For a thicker syrup, increase sugar to 2 lb 8 oz and add 1 Tbsp corn syrup.
- May be stored in the refrigerator for use in beverages or where recipe specifies Simple Syrup.

LEMONADE

Yield: 48 portions or 3 gal *Portion:* 8 oz (1 cup)

Ingredient	*Amount*	*Procedure*
Lemon juice	1¼ qt (approximately 30 lemons)	Mix lemon juice and sugar.
Sugar, granulated	2 lb 8 oz	
Water, cold	2¼ gal	Add water. Stir until sugar is dissolved. Chill.

Approximate nutritive values per portion — **Calories** 97

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 25 g	**8%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 11 mg	**0.5%**	Fiber 0 g	**0%**	**Vitamin C**	**10%**	**Iron**	**0%**
Protein 0 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Three 6-oz cans undiluted frozen lemon juice may be substituted for fresh lemon juice. Increase water to 2½ gal.
- Three 32-oz cans frozen lemonade concentrate, diluted 1:4 parts water, will yield 60 1-cup portions.
- Lemonade makes a good base for fruit punch.

BANANA PUNCH

Yield: 64 portions or 2 gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Sugar, granulated	2 lb	Mix sugar and water.
Water, hot	1½ qt	Boil for 3 minutes. Cool.
Orange juice, frozen, undiluted	1½ cups (1 12-oz can)	Combine juices, fruits, and water.
Lemon juice, frozen, undiluted	¾ cup (1 6-oz can)	Add cooled sugar syrup. Chill.
Water, cold	1 qt	
Pineapple, crushed	3 qt (1 No. 10 can)	
Bananas, ripe, mashed	6 medium	
Ginger ale, chilled	1 qt	Add ginger ale just before serving.

Approximate nutritive values per portion — **Calories** 105

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 27 g	**9%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 3 mg	**0.1%**	Fiber 1 g	**2%**	**Vitamin C**	**25%**	**Iron**	**1%**
Protein 1 g				Sugars 27 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Mixture may be frozen before ginger ale is added and held for use later.
- Two 46-oz cans of unsweetened pineapple juice and one 12-oz can lemonade may be substituted for the crushed pineapple and lemon juice.

Variation

- **Banana Slush Punch.** Mix and freeze juices, syrup, and mashed bananas. To serve, fill glass about half full of partially frozen slush and add chilled ginger ale.

CRANBERRY PUNCH

Yield: 80 portions or 2½ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Cranberry juice Pineapple juice Lemonade, frozen, undiluted Water, cold	3 qt 3 qt (2 46-oz cans) 1 qt (1 32-oz can) 1 qt	Mix juices and water. Chill.
Ginger ale, chilled	3 28-oz bottles	Add ginger ale just before serving.

Approximate nutritive values per portion — **Calories** 76

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 5 mg	**0.2%**	Fiber 0.3 g	**1%**	**Vitamin C**	**34%**	**Iron**	**1%**
Protein 0 g				Sugars 17 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

SANGRIA SIPPER

Yield: 80 portions or 3¾ gal *Portion:* 6 oz

Ingredient	*Amount*	*Procedure*
Grape juice, frozen, undiluted	3 12-oz cans	Combine juices and water. Stir well.
Orange juice, frozen, undiluted	3 12-oz cans	Refrigerate until time of service.
Lemonade, frozen, undiluted	3 12-oz cans	
Water	5 qt	
Club soda	7 qt	Just before service, combine juice mixture, club soda, and sliced fruit.
Oranges, thinly sliced	10	
Lemons, thinly sliced	9	
Limes, thinly sliced	6	
		Serve punch and sliced fruit in a stemmed goblet.

Approximate nutritive values per portion **Calories** 80

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**0%**	**Calcium**	**2%**
Sat. Fat 0 g	**0%**	**Sodium** 21 mg	**1%**	Fiber 1 g	**4%**	**Vitamin C**	**85%**	**Iron**	**1%**
Protein 0.7 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • May be garnished with skewered fruit.

WHITE WINE SANGRIA

Yield: 80 portions or 3¾ gal *Portion:* 6 oz

Ingredient	*Amount*	*Procedure*
White wine	2 gal	Mix until sugar dissolves.
Orange juice	1½ qt	
Sugar	1 lb	
Oranges, thinly sliced	3 lb	Mix fruit with wine-juice mixture.
Peaches, peeled, thinly sliced (See note)	4 lb	Let stand at room temperature for 3 hours, then refrigerate until cold.
Apples, thinly sliced	3 lb	
Limes, thinly sliced	1 lb	
		Pour 6 oz of sangria (liquid and fruit) over ice in a stemmed goblet.

Approximate nutritive values per portion **Calories** 95

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 5 mg	**0%**	Fiber 0 g	**0%**	**Vitamin C**	**16%**	**Iron**	**2%**
Protein 0 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • Mango and kiwi can be substituted for some or all of the peaches.

SPARKLING APRICOT–PINEAPPLE PUNCH

Yield: 80 portions or 2½ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Apricot nectar	3 qt (2 46-oz cans)	Combine juices and water.
Pineapple juice, unsweetened	3 qt (2 46-oz cans)	Chill.
Lemon or lime juice, frozen, undiluted	1½ cups	
Water, cold	2 qt	
Ginger ale, chilled	2 qt	Add ginger ale just before serving.

Approximate nutritive values per portion **Calories** 55

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**4%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 4 mg	**0.2%**	Fiber 0.3 g	**1%**	**Vitamin C**	**16%**	**Iron**	**1%**
Protein 0.3 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

MOCK PIÑA COLADA

Yield: 96 portions or 3 gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Vanilla ice cream mix, liquid, unfrozen	2 gal	Combine, using wire whip.
Milk	3 qt	Place in punch bowl.
Coconut extract	½ cup	
Rum extract	5 Tbsp	
Pineapple juice	1 qt	
Maraschino cherries, with stems	50	Serve in punch cup or stemmed glass. Garnish with maraschino cherry.

Approximate nutritive values per portion **Calories** 200

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 12 g	**18%**	**Cholest.** 77 mg	**26%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**13%**	**Calcium**	**14%**
Sat. Fat 7 g	**33%**	**Sodium** 64 mg	**3%**	Fiber 0 g	**0%**	**Vitamin C**	**3%**	**Iron**	**1%**
Protein 4 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Softened vanilla ice cream may be substituted for ice cream mix.

PINK CHAMPAGNE-STYLE PUNCH

Yield: 96 portions or 3 gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Water Sugar	2 qt 1 lb 4 oz	Heat water and sugar until sugar dissolves. Remove from heat and cool.
Unsweetened red grapefruit juice Fresh lemon juice Grenadine syrup	2 qt ½ cup 1¼ cups	Mix juices and grenadine syrup with water-sugar mixture. Refrigerate until ready to serve.
Ginger ale	7 qt	Just before service combine chilled juice mixture with chilled ginger ale. Ladle the punch into champagne glasses. Garnish with a strip of lemon peel.

Approximate nutritive values per portion **Calories** 65

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 17 g	6%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 0 mg	0.2%	Fiber 0 g	0%	**Vitamin C**	10%	**Iron**	1%
Protein 0 g				Sugars 16 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

BLUSHING PINEAPPLE PUNCH

Yield: 50 portions or 1¾ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Sugar, granulated Water Cinnamon candies (red-hots)	6 oz 1½ cups 6 oz	Cook sugar, water, and cinnamon candies over low heat, stirring until candies are dissolved.
Pineapple juice	1 gal	Combine pineapple juice and cinnamon candy syrup.
Ginger ale Ice	2 qt 8 oz	Add ginger ale and ice just before serving.

Approximate nutritive values per portion **Calories** 84

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 21 g	7%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 4 mg	0.2%	Fiber 0 g	1%	**Vitamin C**	14%	**Iron**	1%
Protein 0.3 g				Sugars 20 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Red-Hot Tea.** Use following ingredients in place of those in recipe: 12 oz cinnamon candies dissolved in 5½ qt hot water. Add 16 oz concentrated orange juice and lemon juice to taste. Serve hot.

WASSAIL

Yield: 80 portions or 2½ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Sugar, granulated	2 lb 8 oz	Mix sugar, water, and spices.
Water	2½ qt	Boil 10 minutes.
Cloves, whole	1½ tsp	Cover and let stand 1 hour in a warm place.
Cinnamon sticks	10	Strain.
Allspice berries	10	
Crystallized ginger, chopped	2 oz	
Orange juice, strained	2 qt	When ready to serve, add juices and cider.
Lemon juice, strained	1¼ qt	Heat quickly to boiling point.
Apple cider	5 qt	
Crabapples or small oranges	6–10	To serve, pour hot mixture over fruit, studded with cloves, in a punch bowl.
Cloves, whole		If using a glass bowl, temper by filling with warm water to prevent cracking when hot punch is poured in.

Approximate nutritive values per portion **Calories** 105

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 27 g	9%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 3 mg	0.1%	Fiber 0.5 g	0%	**Vitamin C**	36%	**Iron**	1%
Protein 0.4 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

TOMATO JUICE COCKTAIL

Yield: 72 portions or 2¼ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Tomato juice	8½ qt (6 46-oz cans)	Mix all ingredients. Chill.
Lemon juice	¾ cup	
Worcestershire sauce	3 Tbsp	
Hot pepper sauce	½ tsp	
Celery salt	3 Tbsp	

Approximate nutritive values per portion **Calories** 21

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 5 g	2%	**Vitamin A**	6%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 644 mg	27%	Fiber 1 g	6%	**Vitamin C**	38%	**Iron**	3%
Protein 0.9 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

HOT SPICED TOMATO JUICE

Yield: 64 portions or 2 gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Tomato juice	4¼ qt (3 46-oz cans)	Add onions, celery, and seasonings to tomato juice. Simmer for about 15 minutes. Strain.
Onions, chopped	8 oz	
Celery stalks, cut in 1-inch pieces	6	
Bay leaves	3	
Cloves, whole	12	
Salt	1 tsp	
Dry mustard	1 Tbsp	
Consommé	1 gal	Add consommé to tomato mixture and reheat. Serve hot.

Approximate nutritive values per portion **Calories** 21

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 4 g	1%	**Vitamin A**	3%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 430 mg	18%	Fiber 1 g	4%	**Vitamin C**	21%	**Iron**	3%
Protein 2 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • Two 50-oz cans condensed beef or chicken consommé, diluted with 2 qt water, may be used.

FRESH CRANBERRY WARMER

Yield: 50 portions or 3 gal *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Cranberries, fresh	2 lb 4 oz (3 12-oz pkgs)	Cook cranberries until soft. Strain, forcing pulp through sieve. Reserve strained liquid for next step.
Water	2 qt	
Water	2 qt	Combine. Cook until red-hots dissolve. Remove cloves and add liquid strained from cooked cranberries.
Sugar, granulated	1 lb	
Red-hots (cinnamon candies)	1 lb	
Cloves, whole	24	
Orange juice, frozen, undiluted	12 oz	Add undiluted concentrate and water. Strain and heat before serving.
Lemonade frozen, undiluted	12 oz	
Water	1½ gal	
Red food coloring	few drops	

Approximate nutritive values per portion **Calories** 93

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 24 g	8%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 0 mg	0%	Fiber 1 g	4%	**Vitamin C**	39%	**Iron**	0%
Protein 0 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

SPICED CIDER

Yield: 80 portions or 2½ gal   *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Cinnamon sticks Cloves, whole Allspice berries	10 2½ Tbsp 2½ Tbsp	Tie cinnamon, cloves, and allspice loosely in a clean white cloth to make a spice bag.
Apple cider Sugar, brown (see Note) Mace	2½ gal 12 oz ½ tsp	Add spice bag, sugar, and mace to cider. Bring slowly to the boiling point. Simmer for about 15 minutes. Remove spices. Serve hot or chilled.

Approximate nutritive values per portion **Calories** 75

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 5 mg	**0.2%**	Fiber 0.3 g	**1%**	**Vitamin C**	**2%**	**Iron**	**3%**
Protein 0 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- If a very sweet cider is used, omit or reduce brown sugar.

Variations

- **Cider Punch.** Omit spices. Substitute 1 qt reconstituted frozen orange juice and 1 qt pineapple juice for an equal amount of cider. Garnish with thin slices of orange.
- **Hot Mulled Orange Cider.** Combine 2 gal apple cider, 1½ qt reconstituted frozen orange juice, and 1 cup reconstituted frozen lemon juice. Add 2 sticks cinnamon, 1½ tsp ground cinnamon, 1½ tsp whole cloves, and 10 oz sliced fresh orange peels, which have been tied in a clean white cloth. Bring to a boil. Reduce heat and simmer for 15 minutes. Remove spice bag.
- **Spiced Cranberry Juice.** Substitute cranberry juice for apple cider. Reduce brown sugar to 4 oz.

SPICED ROSÉ WARMER

Yield: 80 portions or 2½ gal *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Apple juice Cranberry juice	2 qt 2 qt	Combine juices, lemon peel, water, sugar and spices in a steam-jacketed or other kettle. Stir to dissolve sugar.
Lemon peel strips (fresh) Water Sugar Cinnamon sticks Cloves, whole	2 lemons 2 qt 1 lb 12 oz 12 inches ½ tsp	Bring to a boil. Reduce heat and simmer for 10 minutes. Remove and discard lemon peel.
Rosé wine Lemon juice (fresh)	1 gal 1 cup	Add wine and lemon juice to juice mixture. Heat to 180°F. Garnish with lemon slices.

Approximate nutritive values per portion **Calories** 99

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 17 g	6%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 0 mg	0%	Fiber 0 g	0%	**Vitamin C**	28%	**Iron**	1%
Protein 0 g				Sugars 17 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Care should be taken when pouring hot liquid into a glass punch bowl. Heat punch bowl first with warm water, then pour hot beverage slowly into warm bowl.

RUBY WINE PUNCH

Yield: 80 portions or 2½ gal *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Water Sugar Cinnamon sticks Cloves, whole	1 qt 1 lb 12 oz 15 inches 1 Tbsp	Combine water, sugar, and spices in a steam-jacketed or other kettle. Bring to a boil. Reduce heat and simmer for 10 minutes. Discard spices. (Chill water-sugar mixture if using for cold punch.)
Cran-Raspberry juice Burgundy wine	1½ gal 3 qt	Combine water-sugar mixture with juice and wine. Heat to 180°F.

Approximate nutritive values per portion **Calories** 106

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 21 g	7%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 34 mg	34%	Fiber 0 g	0%	**Vitamin C**	1%	**Iron**	1%
Protein 0 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For cold wine punch, heat water, sugar, and spices. Chill. Combine with cold juice and wine.
- Care should be taken when pouring hot liquid into a glass punch bowl. Heat punch bowl first with warm water, then pour hot beverage slowly into warm bowl.

NONALCOHOLIC COCKTAILS

Cocktail	*Beverage to use*	*Garnish*	*Glassware*
Apple Cooler	Spiced Cider, Chilled (p. 101)	Apple on a skewer	Goblet
Citrus Spritzer	Ginger Ale Fruit Punch (p. 93)	Orange and lemon on skewer with maraschino cherry	Stemmed glass
Champale Punch	Pink Champagne-Style Punch (p. 98)	Lemon peel strip	Stemmed glass
Chocolate Mint Warmer	French Chocolate (p. 92)	Crème de menthe syrup Mint leaf	Cup or mug
Hot Apple Toddy	Spiced Cider, hot (p. 101)	Cinnamon stick	Mug
Piña Colada	Mock Piña Colada (p. 97)	Pineapple and maraschino cherry on skewer	Stemmed glass
Sangria Sipper	Sangria Sipper (p. 96)	Sliced fruit	Stemmed goblet
Tomato Juice Cocktail	Tomato Juice Cocktail (p. 99)	Celery stalk	Tumbler

Note

- Recipe yields may need to be adjusted, depending on the size of glassware used.